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NEWS WORTH SHARING.

DeMerit set to retire: Reports

The Whitecaps' 34-year-old captain has been plagued by injuries during his MLS career

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Bear pays price for breaking and entering

The animal was put down after wandering into a North Vancouver home PAGE 4

Dozens killed as Taiwanese plane crashes

Stormy weather had caused many cancellations before the aircraft tried to land PAGE 6

ALL FOR ONE-SIES, ONE-SIES FOR ALL

FANS OF FULL-BODY FASHION, REJOICE: THE JUMPSUIT IS BACK IN VOGUE. EXPERTS SHARE TIPS ON MAKING THE MOST OF THIS THROWBACK TREND

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City on board Formula E bid

Council vote. Electric car race would be quieter and more environmentally friendly than Molson Indy

EMILY JACKSON
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Dario Franchitti drives his Team Kool Green Honda Lola during the Molson Indy Vancouver in 2002 at Concord Pacific Place. The Formula E electric car race could be the successor to the Molson Indy, after city council voted to explore a bid for it. JONATHAN FERREY/GETTY IMAGES

Get ready to rev those quiet engines, folks.

The one-day FIA Formula E Championship electric car race has a shot at using Vancouver's streets as a racetrack after city council voted unanimously Tuesday to look for future opportunities and partners to host the event.

The race would represent a chance for Vancouver to highlight its environmental goals and make electric cars "sexy," councillors said in support of NPA Coun. Elizabeth Ball's motion.

Plus, the event would be shorter, quieter and greener than the Molson Indy, the popular but controversial race that called the city home for 15 years until 2004, Ball said.

That series was ultimately cancelled because of the Olympic Village development and an inability to attract long-term sponsors. Condo dwellers in the Concord Pacific developments along False Creek weren't fans of the noise or weeklong road closures, either.

The inaugural Formula E series will take place in 10 cities, including London and Beijing, from fall 2014 to spring 2015. A delegation from the FIA visited Vancouver to check out potential routes, but didn't select the city for its first year of operations, deputy city manager Sadhu Johnston said.

But the city will work with any organization that's willing to put on the event to scout potential paths and enable the race, Johnston said.

Representatives from the Sports Car Club of B.C. and the Confederation of Autosport Car Clubs (CACC) were on hand to support a bid for the event.

"I've been a fossil-fuel racer for decades, and I'm ready to embrace this change, this new technology," said Ray Stec, track operations chair of the CACC. "This is the future."

Stec said there's broad support for an electric car race in Vancouver to "fill the hole" left by the Molson Indy.

Rob Tarzwell, a physician who has been involved in high-performance driving for a decade, expressed excitement for a race that comes without the "guilty side of burning a lot of gas."

"We want to be the greenest city in the world," he said. "That cannot happen without electric vehicles."

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Hasibullah Yusufzai

B.C. man faces terrorist charges

A B.C. man has been charged under a new anti-terrorism law for allegedly leaving the country to join Islamist fighters in Syria.

It's the first time the recent Criminal Code legislation has been used as a tool to fight terrorism, said RCMP Cpl. David Falls.

Police say 25-year-old Hasibullah Yusufzai is accused of committing an offence for the benefit of a terrorist group or being directed by or associated with such a group.

"The individual is known to have travelled to Syria to join Islamist fighters," the RCMP said in a statement.

It's alleged Yusufzai left Canada on Jan. 21.

"This case underscores the reality that there are individuals in Canada who have embraced the extremist ideology and who are willing to act upon it," the statement said.

"More importantly, it highlights the fact that there are new tools within the Criminal Code that enhance the RCMP's ability to counter terrorist activity."

A woman who answered the phone at Yusufzai's home in Burnaby said he wasn't there, and then said she didn't speak English.

A neighbour named Nasir Ahmad-Ali said he hasn't seen Yusufzai for almost a year. He said Yusufzai went by the name Hasib and seemed to move around a lot.

"He was OK. He was a really nice guy," Ahmad-Ali said, adding that the charges are surprising.

"He wasn't that kind of person, actually, to be honest. He wasn't religious."

THE CANADIAN PRESS

Flooding turns roads into rivers in Kamloops

Flooded vehicles sit in water following flash flooding in Kamloops on Wednesday. The flash flooding in Kamloops was caused by torrential rain, which created small lakes and flooded numerous basements. THE CANADIAN PRESS/KAMLOOPS THIS WEEK/ANDREA KLASSEN

Local marine animals get 'exceptional care:' Report

Vancouver Aquarium. Scientist recommends a larger study on captive cetaceans after aquarium faces opposition

MATT KIELTYKA
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A report commissioned by the Vancouver Park Board says a large-scale scientific study on the welfare of captive housed cetaceans would be an "ideal next step" in the captivity debate surrounding the Vancouver Aquarium.

In preparation for its special public meeting on the Vancouver Aquarium's cetaceans program on Saturday, the board asked Dr. Joseph Gaydos — chief scientist at the UC David Wildlife Health Center's SeaDoc Society program — to report on the aquarium's current practices and compare them to other aquariums.

In his report, released Wednesday, Gaydos found "the Vancouver Aquarium provided exceptional care for cetaceans" and that it's meeting all North American industry standards for the care and husbandry of marine mammals.

He wrote that the aquarium has an active research department, which has helped shape understanding of marine mammals and conservation of cetaceans in the wild.

"If the Vancouver Aquarium were to no longer house cetaceans, they would have the option to continue both their research program and their stranding and response program, but the quality of those programs would be compromised," Gaydos wrote.

However, he acknowledged that the ethic and moral debate surrounding keeping cetaceans in captivity was "beyond the scope of this report."

The Vancouver Aquarium is just one of two aquariums in Canada (the other being Marineland), and six in North America, to keep beluga whales.

It's the only facility in North America to house harbour porpoise, and one of four aquariums worldwide to keep Pacific white-sided dolphins.

It has committed to never acquiring cetaceans from the wild, unless the animal has been injured and cannot be released.

The park board called a special meeting into the aquarium's cetacean program after opposition from commissioners Constance Barnes and Sarah Blyth.

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Bear killed after breaking into home

North Vancouver. Large black bear, which injured a senior, found to be a threat to public

THANDI FLETCHER
thandi.fletcher@metronews.ca

Conservation officers have euthanized a large male black bear after it entered a North Vancouver home on Tuesday, shocking an elderly woman who came across the animal rummaging through her kitchen fridge.

"I think they scared each other," said Cpl. Richard De Jong of North Van RCMP.

The incident occurred just before 3 p.m. on Tuesday when police received a call about a bear in a home in the 600 block of St. Ives Crescent.

Conservation officer Sgt. Todd Hunter said the bear entered an open back door to get inside the home, which backs onto a green belt with a ravine.

The bear took a swipe at the woman, causing cuts to her hand that required stitches. It then ran out of the house through the back door.

"We are lucky that someone wasn't killed or injured severely," said Hunter.

Although the bear was tranquilized initially, Hunter said conservation officers were forced to euthanize the animal as they determined it posed a threat to public safety.

Prevention

"Bears are opportunistic feeders and, if you leave it out, they will come."

Conservation officer Sgt. Todd Hunter, noting the incident serves as an important reminder keep food and garbage secure

Bear-aversion tips

Courtesy of the North Shore Black Bear Society:

- Put your garbage on the curb on the morning of pick-up only.
- Clean your barbecue and garbage bins after use.
- Make bird feeders inaccessible.
- Pick fruit as it ripens and keep ground clear of fallen fruit.

A black bear photographed in 2012. NATHAN DENETTE/THE CANADIAN PRESS FILE

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In toothpaste. MLA calls on province to ban use of plastic microbeads

Environment critic Spencer Chandra Herbert has called on the provincial government to ban the sale of products containing plastic microbeads.

The microbeads, found in products like face cream and toothpaste, are washed down the drain and pass through water filtration system, where they pollute waterways and are ingested by marine life.

A study done by the Vancouver Aquarium's ocean pollution science program found that as many as 7,630 microbeads are found in just a cubic metre of coastal water near Haida Gwaii.

"And that's in a remote B.C. waterway," said Matthew Unger, chair of the Surfrider Foundation Vancouver, which is supporting Chandra Herbert's proposed ban. "In the 10 years microbeads have been used, it's already made it into the ecosystem."

Unger said the small plastic particulates are added to products as an exfoliant because they're cheaper than sourcing coarse natural waste such as from, for example, apricots.

Several jurisdictions, including the state of Illinois (after experiencing significant microbead pollution in the Great Lakes), have already banned products, while some companies like Colgate and Johnson & Johnson have promised to phase out their use.

However, Chandra Herbert says there are plenty of companies that have refused to do so and most consumers have no idea there are even microbeads in many of their cosmetic products.

"People are surprised to learn that face scrubs and toothpastes that they buy have thousands of plastic microbeads in them," he said. "There's no reason to use them, there are plenty of good alternatives." MATT KIELTYKA/METRO

Victoria

Man arrested after Spanish tourist attacked

Victoria police have arrested a 21-year-old man believed to be responsible for an unprovoked attack on a Spanish tourist outside Victoria's downtown library around 1 p.m. on Tuesday

The victim suffered serious but non-life-threatening injuries in the attack, according to police.

Police arrested the 21-year-old suspect Tuesday night while on patrol in the 500-block of Ellice Street.

THANDI FLETCHER/METRO

Under the morning sun

Drying pot in the park maybe not such a great idea

A Victoria man's hopes of drying his marijuana went up in smoke Tuesday after police arrested him with a blanket full of pot in broad daylight near a children's park.

"This is very unusual," said Const. Mike Russell of Victoria Police. "Can't say I recall a file like this before."

Police arrested the man and his 24-year-old friend for possession of a controlled substance.

THANDI FLETCHER/METRO

Michael Graydon, then president and CEO of the British Columbia Lottery Corporation, addresses the Vancouver Board of Trade in 2012. PHYLICIA TORREVILLAS/METRO FILE

'No' to any future gambling growth

Council vote. Future slot machines and gaming tables expressly prohibited

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The city really, really doesn't want any more slot machines or gaming tables at the Edgewater Casino — ever.

Council voted Tuesday to place a restrictive covenant on title to the property of the casino to "prohibit any future increase in any form of gambling entertainment including the number of slot machines and gaming tables."

As it stands, a city bylaw allows the casino to have 75 gaming tables and 600 slot machines.

A public hearing would be required to change the bylaw.

But community members and Coun. Adriane Carr expressed concerns that the large floor space planned for the new building — Paragon, which operates the casino, received permission to move to a larger space on Smithe Street as part of a major new resort — would allow for future expansion of gambling.

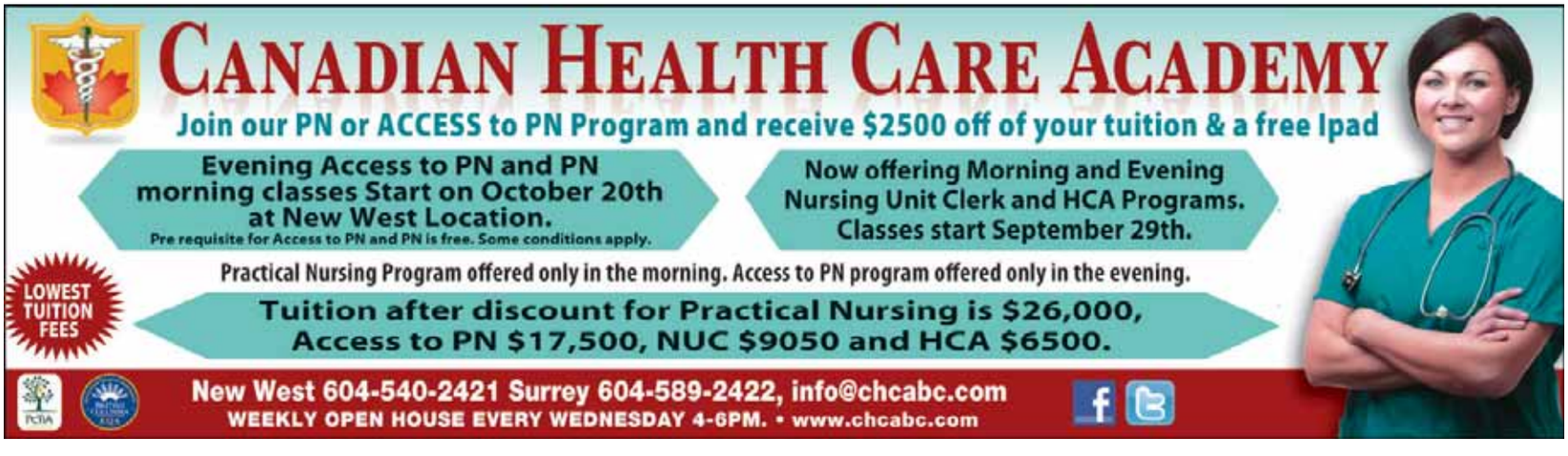
City planner Brian Jackson said the restrictive covenant was redundant, but it would be a "third level of security" to prevent the expansion of gambling.

The city will also write to the B.C. Gaming Policy and Enforcement Branch requesting that they follow the Gaming Control Act, which gives authority to impose conditions on a gaming licence holder if there are concerns over the integrity, lawful conduct or management of gaming.

That request stems from controversy over Michael Graydon, the president of the company affiliated with Paragon that is overseeing the revitalization and relocation of the Edgewater Casino.

Graydon, the former CEO of the British Columbia Lottery Corporation (BCLC), was found in conflict of interest by his former employer for taking the job with Paragon earlier this year.

Paragon did not respond to a request for comment.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Deadly plane crash 'a very sad day in the history of Taiwanese aviation'

Flight GE222. At least 47 people killed when airplane carrying 58 people crashed during second landing attempt

A plane trying to land in stormy weather crashed in Taiwan Wednesday, killing at least 47.

The ATR-72, operated by Taiwan's TransAsia Airways, was carrying 58 passengers and crew when it crashed on the island of Penghu, authorities said. The plane was arriving from the city of Kaohsiung in southern Taiwan.

Two people aboard the plane were French citizens and the rest Taiwanese, Transport Minister Yeh Kuang-shih said.

The crash was Taiwan's first fatal air accident in 12 years and came after Typhoon Matmo passed, causing heavy rains that continued into Wednesday. Some 200 flights had been cancelled earlier that day.

The death toll was 47 on Wednesday, according to Wen Chia-hung, with the Penghu disaster response centre. Eleven others were injured and authorities were seeking one person who might have been in a house struck by wreckage.

President Ma Ying-jeou called it "a very sad day in the history of Taiwanese aviation," according to his office, the state Central News Agency reported. THE ASSOCIATED PRESS

Timeline

Flight GE222 left Kaohsiung at 4:53 p.m. for Magong, according to Taiwan's Civil Aeronautics Administration.

- It lost contact with the tower at 7:06 p.m. after saying it would make a second landing attempt.

Rescue workers survey the wreckage of TransAsia Airways flight GE222, which crashed while attempting to land in stormy weather on the Taiwanese island of Penghu late Wednesday. WONG YAO-WEN/THE ASSOCIATED PRESS

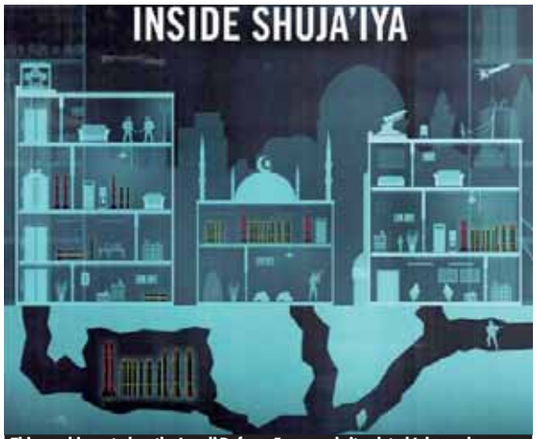
Israel and Hamas fight battle of public opinion

Beyond the boom of Israeli airstrikes and the stream of rockets fired from Gaza, Israel and Hamas are also battling to control the message emanating from this latest Israeli-Palestinian conflagration.

Using videos, Twitter, text messages, leaflets and phone calls, both sides have attempted to direct the tone of the fighting — for their own public, their opponent's population and for a global audience. Propaganda is nothing new in battle, but technology and social media have exponentially increased the ability of each side to penetrate their intended audiences.

Israel has tried to make its case that it is defending its citizens from unprovoked attacks but taking steps to avoid killing civilians on the other side. Hamas has appealed to the world by pointing to the high civilian death toll from Israel's onslaught on Gaza. Israel and Hamas are each addressing the other's populations as well.

Israel has pushed the message to Palestinians in Gaza that the territory's Hamas rulers are to blame for the bloodshed. In phone calls that the military makes to Gazans to tell them to evacuate their homes before a strike, the recorded script in Arabic also tells them that Hamas is using them as human shields.



This graphic posted on the Israeli Defence Forces website, dated July 20, shows an artist's rendition of the Shijaiyah neighbourhood in Gaza in an attempt to support Israeli government claims that Hamas is using hospitals, mosques and residences to hide, store and fire rockets. IDF WEBSITE/THE ASSOCIATED PRESS

Hamas, in turn, has sent text messages directly to Israelis, warning them that the group will continue firing rockets at them until its demands — like the end of the long-stifling blockade of the tiny Gaza Strip — are met.

"This is a war over public opinion," said Yuval Dror, an expert in digital communications. "It's an inseparable part of battle in the modern age." THE ASSOCIATED PRESS

Health Canada.
Flu vaccine plant must address 10 issues: Report

A recent Health Canada inspection of the country's only flu vaccine production plant identified 10 issues that need to be addressed, a report from the regulatory agency reveals.

The summary report of the June inspection said none of the problems found pose a critical risk to public health, but seven fall into the major observation category, meaning they are signs production is not consistently hitting required standards.

The regulatory agency posted the summary report from the inspection of the GSK-owned plant on its website Tuesday evening after the end of the business day.

The production facility at Ste. Foy, Que., was issued a warning letter last month by the U.S. Food and Drug Administration, which raised concerns about bacterial contamination problems in the plant.

The FDA noted GSK — formerly known as GlaxoSmithKline — has repeatedly had to discard batches of vaccine made at the facility because of bacterial counts that registered above specified limits. In a letter dated June 12 it said 21 per cent of this year's product could not be released to the market.

The GSK plant, where flu vaccines are produced in Ste. Foy, Que. JACQUES BOISSINOT/THE CANADIAN PRESS

The Ste. Foy plant has contracts to produce 53 per cent of Canada's seasonal flu vaccine for the coming flu season as well as 23 million doses for the U.S. market.

The Health Canada summary report sheds a little more light on the problems at the plant, which also holds a 10-year contract to produce pandemic flu vaccine for Canada when needed.

The regulatory agency said the facility was given a "compliant" rating because none of the deviations identified "would affect the safety or quality of the product to be supplied, nor pose a risk to the health and safety of Canadians." THE CANADIAN PRESS

China

Bubonic plague death sparks quarantine

Parts of a northern Chinese city have been quarantined after state media said a man there died of bubonic plague.

China's official Xinhua News Agency said Tuesday that 151 people were under observation in the city of Yumen in Gansu province after authorities determined they had come in contact with a man who died of the plague July 16.

Investigators believe the man contracted the bacterial infection after contact with a marmot, Xinhua said.

The report said all the people under quarantine were in good health, but that 10 checkpoints were still blocking off parts of the city of about 180,000.

Bubonic plague killed millions of people in Europe in the 14th century and tens of thousands in China in the 19th century. It remains endemic in northwest China and is spread largely through flea bites. The bacteria can cause gangrene, seizures and fever. THE ASSOCIATED PRESS

Don't blow your vacation budget before you arrive

Fly on the cheap.
Travel website Kayak breaks down when to travel to save money

Canadians should look to fly on a Tuesday if they're travelling domestically or on a Thursday if they're leaving the country, suggests data from the travel website Kayak, which is looking back on its first year in Canada.

The search engine for flight, hotel and car-rental deals crunched the numbers behind how Canadians searched for travel since it launched here last May and found there were fairly consistent trends in pricing.

On average, domestic flights in Canada were cheapest if departing on a Tuesday and returning on a Friday. Flights leaving on a Thursday and returning on a Sunday tended to be most expensive.

International flights taking off from Canada were typically best priced on Thursdays with a return flight on a Monday. Departing on a Monday and returning on a Friday resulted in the most expensive tickets.

"These trends we're seeing in Canada are not that different from the trends we're seeing in other countries," said Debby Soo, a vice-president with Kayak, which handles 100 million searches a month.

"Often times you hear that flights departing on Tuesdays are the cheapest and I've seen that trend in the U.S. and in some markets in Europe."

THE CANADIAN PRESS

Market Minute

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TSX
15,394.38 (+79.25)

OIL
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GOLD
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Natural gas: $3.76 US (no change)
Dow Jones: 17,086.63 (-26.91)

Was Dumb Starbucks a smart parody?

Canadian comedian Nathan Fielder stands outside parody store Dumb Starbucks in Los Angeles in February. Fielder, who came up with the fake-store concept (it was shut down for not having proper permits), will discuss its origins and aftermath on the July 29 episode of Comedy Central's Nathan for You. So far, Fielder, Comedy Central and parent company Viacom have escaped legal action. Fielder said the shop was a parody about the power of corporate branding that exceeded his expectations and ended up provoking discussion about how people consume art. THE ASSOCIATED PRESS FILE

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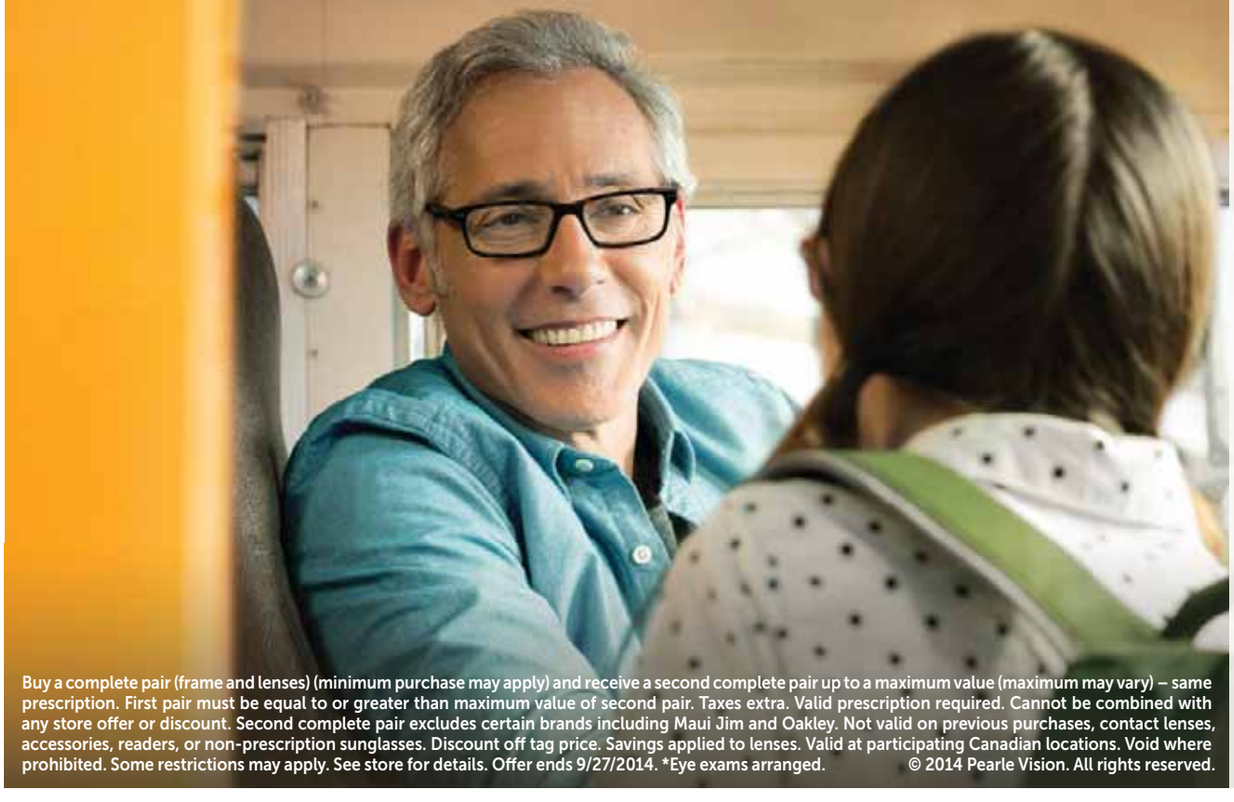

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CAN SOMEONE MAKE BAD ART OUT OF THIS?

HE SAYS

John Mazerolle
metronews.ca

Meeting the parents is an important milestone in any relationship, like the first time you pee with the bathroom door open or throw a shoe in anger.

The first meeting can be nerve-racking. Recently my newish girlfriend and I flew to my hometown of Saint John and made the typical hair-raising landing into a fog bank. ("We're beginning our final descent into Saint John, ladies and gentleman. If anyone sees the runway, please let us know.") Devon was gripping her armrest but it was the family, not the fog, that had her feeling tense.

I wasn't worried. Devon's a lovely woman who was meeting my friendly family, and she had even bought a little gift for my mother. But in her racing mind the rendezvous had the potential to unfold like the first meeting between, say, Brad Pitt and Kevin Spacey in Seven. ("WHAT'S IN THE GIFTBOX?!")

Of course it went fine. Within a few hours my girlfriend and my family were criticizing my lightning phobia and mocking my singing voice as if they had known each other for years. I'm glad I could bring them together.

My parents are an easy test, but there's no guarantee it will be the same for you the first time you meet your partner's parents — until now. Here are my tips on how to make that first meeting go smoothly.

Meet the Parents, or Parental Guidance Suggested:

* **Come prepared.** Practise with your partner for that first dinner by sitting at a long, imposing table under a chandelier and eating in stony silence.

* **Showing up three hours early** will show that you take the meeting seriously.

* As they speak, **stare non-stop**, correcting their grammar whenever possible.

* If the father asks what your intentions are toward his daughter, **making the "squeaky bedsprings" noise** should make things pretty clear.

* **Do your research.** Find out what you have in common with your new "Mom" and "Dad," be it a favourite muppet or a drinking problem.

* **Act natural.** A straightforward, "Greetings, I am a law-abiding citizen of sound character who will pretend to take interest in your needlework and vacation photos" will help put them at ease.

* **If things aren't going well**, don't be afraid to burst from the dinner table, out the front door and down the street, never to return again.

I hope to have these tips optioned by a major Hollywood studio, where they will be made into a mediocre trilogy of increasingly declining quality. I wonder if De Niro's free.

FINAL VOYAGE

People watch as the wrecked cruise ship Costa Concordia is towed by tugs after being refloated Wednesday in Italy. For more images of the Concordia, including a 2012 image of the ship capsized, scan this image with your Metro News app. ALL IMAGES EXCEPT LAST IN GALLERY LAURA LEZZA/GETTY IMAGES; LAST IMAGE THE CANADIAN PRESS FILE

Costa Concordia on its way to become scrap metal

The Costa Concordia cruise liner began its final voyage Wednesday, slowly being towed away from the tiny Italian island where it capsized more than two years ago, killing 32 people.

Boat sirens wailed and bells tolled on the island just before two tugboats pulled the Concordia away from Giglio's port, where the luxury liner ended up on its side in pristine Mediterranean waters, after being gashed by a reef it struck when its captain steered too close to the island. The tugs are bringing the crippled ship on a four-day journey to the northwestern port of Genoa, which is home to the ship's owner, Costa Crociere Spa. The vessel will be scrapped there.

Accompanying the tugs and Concordia are several boats to monitor any pollution in the waters, which are home to dolphins. Nets have been attached to sides of the liner in case any remnants of the Concordia's last passenger cruise — dishware, pots and pans, bed linen, chairs and other furnishings — tumble out of the ship during towing.

A daring engineering operation set the Concordia upright last September. Then, over the past few months, custom-built tanks, now filled with air to serve as kind of water wings to facilitate floating, were attached to the liner's flanks. The salvage master of the entire operation, Nick Sloane, said he felt a bit nervous before boarding a special command centre attached to the top of the Concordia to monitor the final voyage. An Italian naval admiral was also aboard.

Flying from the Concordia was the Italian flag, since regulations require the banner to be visible on the Italian-registered ship until scrapping.

THE ASSOCIATED PRESS

METRO AUGMENTED REALITY

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MetroTube

Your move, France

ANDREW FIFIELD
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Like most inventors worth their salt, British tinkerer Colin Furze has been called eccentric. And not without reason. Vacuum shoes, gadget crutches and wrist-mounted flamethrowers make up just a sample of his madcap machinations.

But this ... this takes the cake. In a nod to his country's centuries-old rivalry with France, Furze has created what's lovingly labelled as an enormous "fart machine," and he plans to drag it up the white cliffs of Dover tonight in hopes of creating international diplomacy's loudest raspberry. Colin Furze is the best. (colinfurze/YouTube)

SCREENGRAB

metro

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Hey Vancouver, there's lots of ways to show your pride

Pride events. The city has come a long way from the first Pride Parade in the '70s

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

The Pride Parade is just one of many events spanning 10 days of celebrations in Vancouver. JENNIFER GAUTHIER/METRO FILE

A lot has changed since Vancouver held its first Pride Parade in 1978. For example, I'm no longer seven.

More importantly, LBGT rights have come a long way, and the parade has become one of the city's flagship summer events.

But there's more to Pride than the parade. So here's a bunch of stuff to check out over the next 10 days.

Aging with Pride, a "glamorous soirée for senior queers and allies" takes place tonight at the Blue Horizon Hotel (7 to 11 p.m.).

On Saturday, check out the Pride Run/Walk at Lumberman's Arch in Stanley Park. There are 5K and 10K routes and, of course, disco water stations. Costs $40 (9:30 to 11:30 a.m.). For info, go to VancouverFrontrunners.org.

Afterwards, grab your basket and roll out your blanket at Brockton Oval for Picnic in the Park. It features games, a volleyball tourney, DJs and a beer garden. Dogs are welcome.

Hey, it's Sunday fun day! Support Pride in sports at Pride Night at the Whitecaps. The Caps take on FC Dallas. Starts at 2 p.m. at BC Place.

On Tuesday, head down to the Rio Theatre for Trans Film Night, featuring short films exploring the issues facing the trans and gender variant community. (From 6 to 9 p.m.)

Things heat up next Friday night (Aug. 1) when the Davie Street Block Party kicks off at 4 p.m.

Dancers, vendors, beer and wine garden, DJs and community groups. Licensed after 6 p.m.

The Terry Wallace Memorial Breakfast slaps down its annual pancake breakfast Saturday morning (Aug. 2) at Bute and Davie (rainbow crosswalks). Starts at 8 a.m. and goes until noon.

Then at noon, it's the Vancouver Dyke March & Festival, which starts at McSpadden Park and goes to Grandview Park.

Things culminate Sunday with the 36th annual Pride Parade. It starts at noon and runs until 3 p.m. and features 130 floats and countless rainbows.

Also, check out the Sunset Beach Festival & Market, which starts at 11 a.m. and goes until 6 p.m.

It features live music, a beer garden and local artisans, community sponsors and organizations.

If you go...

- **For more information, visit** vancouverpride.ca

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Imelda May isn't ready to settle down

Rockabilly rebel. Singer loves wandering in life and in her musical endeavours

LINDA LABAN
Metro World News in Boston

Imelda May is one of the biggest stars in Ireland right now and it's thanks to the likes of Johnny Burnette and Wanda Jackson, original American rockabilly rebels who inspired the Dubliner's career.

However, as May's upcoming fall release Tribal proves, her musical wanderlust includes more then rockabilly, and encompasses blues and jazz, too. "I love the rockabilly world. It's the original punk rock," says May. "But it's not natural for me to put myself in one area. There's loads of other music I don't want to ignore."

Tribal debuted at No. 1 in Ireland and No. 3 in the U.K., but the record isn't released in the U.S. until September.

May and her band, which includes her guitarist husband Darrel Higham, added American dates to their summer touring agenda and will follow with more in the fall.

Metro caught up with May during the European jaunt as the band's tour bus wound its way through the Pyrenees.

"We're about four hours drive in from Barcelona and just about at the border of France," says May, glancing out of the bus window. "There's snow on the mountains and it's so beautiful."

Call that a perk of the rock 'n' roll lifestyle, which May says is all she's ever known: "I started in pubs and clubs when I was 16 and I turned 40 yesterday," she says.

"So, I've been gigging for 24 years non-stop. It's fun; I don't know what else I'd do."

AUGMENTED REALITY

→ Scan this photo with your Metro News app to see a video of Imelda May's song Wild Woman!

metro AR → See the full instructions on Metro's Voices page.

Imelda May's Tribal debuted at No. 2 in Ireland and No. 3 in the U.K., but the album isn't coming to North America until September this year. GETTY IMAGES

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Naya Rivera ALL PHOTOS: GETTY IMAGES

Naya Rivera full of Glee as she weds in Cabo San Lucas

Here's one way to kill time while your TV series is on a break from filming: Glee star Naya Rivera married boyfriend Ryan Dorsey in a small, surprise ceremony earlier this week in Cabo San Lucas, Mexico, according to People magazine. "We feel truly blessed to be joined as husband and wife," the newlyweds tell the magazine. "Our special day was fated and everything we could have ever asked for." Apparently that includes Instagram misdirection, as Rivera spent much of her wedding day posting paparazzi photos of her and Dorsey horsing around on the beach but failed to mention anything important happening that day.

Peaches Geldof

Coroner rules Geldof died of heroin overdose

Peaches Geldof's death in April has officially been blamed on a heroin overdose, British coroner authorities declared earlier this week. Geldof's husband, musician Thomas Cohen, has previously stated that the model and TV personality had been taking methadone since 2011 to combat her heroin addiction but had relapsed two months prior to her death. The authorities also reported that a "fatal range" of heroin was found in Geldof's system, along with traces of codeine, methadone and morphine.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Now that Eva's pregnant, will Ryan be building her a house?

NED EHRBAR
Metro World News in Hollywood

It looks like fans weren't the only ones surprised by news that Eva Mendes and Ryan Gosling are expecting a baby.

"It was completely unplanned," a source tells Radar Online of the pregnancy.

"Ryan was surprised, especially because they had broken up early last year, only to get back together."

That's a fine how-do-you-do. Gosling's apparently totally on board with the idea now that he's gotten over the shock of impending fatherhood, and there seems to just be one more issue for the couple to tackle: Where to put the crib. "(Ryan's) house is quite small, and only has two bedrooms," the source explains. "Eva has been looking for a bigger house to live in with Ryan once the baby is born."

Boy, I hope these two scrappy kids can get a mortgage.

Twitter

@KellyOsbourne
Everyone should have a #PartyTrick! Mine is that I'm double jointed everywhere!

@oliviawilde
Can someone please write a romantic comedy set in the real estate world called "Looking Foreclosure"? I've been waiting long enough.

@DitaVonTeese
When will someone make a bullwhip emoticon?

Simon Cowell

Simon Cowell is not gay, OK?

Simon Cowell would like to take this opportunity to reiterate the world that he is not, in fact, a homosexual. The talent show guru's name came up unexpectedly in court in the U.K. last week when a recorded conversation found Cowell's ex-manager, Gareth Varey, and a man identified as Mazher Mahmood discussing whether Cowell is gay, which Varey claims to be the case. "I know people who have" is the evidence he gives on the recording. Well, Cowell's rep is more than eager to point out that this is all patently untrue and Cowell is definitely not gay, even making sure to toss in the mandatory "not that there's anything wrong with that" clause. "In 2014, the question of whether someone is or is not gay is antiquated. As it happens he isn't, though if he were, he would simply have said so," Cowell's attorney says. "However, the issue was the false suggestion made by Mr. Varey that Simon — who is renowned for his honesty and candidness — had thus not been truthful in the public arena and this is what we have been obliged to clarify."

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LIFE 3

PLUS HOMES

Go ahead and jump: The sleek suit is seeing its day once again

Full-body fashion. It was a staple of '70s and '80s fashion, but the recent revival of the jumpsuit has cemented the stylish staying power of the all-in-one look

"I've never worn them before and now I'm totally sold," said Canadian Living fashion and beauty director Julia McEwen, who has recently added four jumpsuits to her wardrobe.

"It's like a dress in the same way that it's one-piece dressing. If you want to style it and add elements, go for it. But you don't have to. It looks fabulous just the way it is."

Pop star Rihanna, model Chrissy Teigen and actress Jennifer Garner are among the notable names who've recently stepped out in one-piece getups.

"They look chic, and when done right, (it) doesn't look out of place, but rather stands out among cocktail dresses," noted Sharon Ng Hayes of The Backseat Stylers, a Toronto-based fashion and style blog

Ready to master the one-piece? Some expert style tips.

Of clothes and curves

"A jumpsuit 99 per cent of the time will highlight the waist — like a belt at the waist — which is something that's super-flattering on all body types."

Alison Michelle
Founder and lead stylist at King & Fox

Ensure you have the proper fit

Alison Michelle, founder and lead stylist at King & Fox, a Toronto-based styling firm, said while the jumpsuit may be intimidating, she believes it's "one of the most flattering pieces you can own."

"A jumpsuit 99 per cent of the time will highlight the waist — like a belt at the waist — which is something that's super-flattering on all body types, whether you want to create curves or hide certain body parts."

Michelle said a good starter jumpsuit is a halter or tank top style that's fitted at the waist with a slightly wider leg in a solid dark colour.

"It's the flexibility of it — the same as a little black dress."

Regardless of your height, Michelle said pant length is key.

"There's nothing for me that I find more unflattering than seeing someone in a full-length jumpsuit - especially in a wider leg -that's not hitting the floor with the shoes," she said.

Make sure you can comfortably dress and undress

Unlike unzipping a pair of pants or hiking up a skirt when visiting the restroom, donning a jumpsuit requires the wearer to completely remove the outfit.

"I didn't even realize that until this year when I first got one. (I thought): 'Oh, this is kind of awkward, I'm at work and I'm shirtless,"' McEwen said.

"I don't know. I mean, that's just something you have to get down with," she added with a laugh.

Ng Hayes has been hooked on jumpsuits since buying her first one last year — a black lace sleeveless design. With her newfound style obsession, she's come to accept the added challenge that can come with wearing a one-piece.

"Every time I wear a jumpsuit, I joke about the difficulties of using the restroom, but I find them just so much fun to wear that I think it's worth the complication."

McEwen said selecting a model that isn't too fitted is key: "If it is more fitted, you want to make sure you have more of a structured material because I find that it can cling in weird areas."

THE CANADIAN PRESS

H&M Jumpsuit, $49.95
HM.COM/CA/

GUESS Halter Denim Jumpsuit, $148, GUESS.CA

Model Chrissy Teigen arrives at the ESPY Awards at the Nokia Theatre last week in a sexy full-piece jumpsuit. JORDAN STRAUSS / THE CANADIAN PRESS

Do hue

Select a colour and pattern close to your comfort zone

- Michelle acknowledged that the jumpsuit is "a lot of look" and that some be reticent to wear a very loud print or bold hue.
- "If you're going to go with a pattern (go with one that is) maybe more subdued, or kind of a paisley, or do it in navy or creams instead of the bright colours."
- If wearing all one colour is too much, consider adding a piece to break up the ensemble like teaming it with a sleeveless blazer or vest, McEwen suggested.

Canadian street style

Spotted in Toronto

Name: Joey

Age: 23

Occupation: Fundraiser

What she's wearing: Nike runners, Zara pants, Aritzia shirt, Zara jacket, Kate Spade purse.

Her inspiration: "My mom and my best friend. My mom owns a fashion company and my best friend is a fashion designer. "

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Hairy legs are trendy now thanks to a Tumblr blog called Very Hairy Legs — but would you ever join the pro-body hair movement? Go online to Trends Report and see my list of pros and cons if you do decide to let your leg hairs go wild.

- **Online.** Follow Irene on Twitter at @MetroIreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Photo via Getty Images

Find Eid inspiration in comforting dish

Cookbook of the Week

Transport yourself to a delicious region

Dutch writers and cooks Nadia Zerouali and Merijn Tol travelled across Morocco, Tunisia, Syria, Lebanon, and other Middle Eastern lands to document the varied cuisine of the region in their book Under the Shade of Olive Trees.

Readers are taught about ingredients through more than 100 recipes that come to life by way of luscious imagery.

Among recipes are Potato Kofte, Lamb Tajine, Tahini-Halva Ice Cream, and more. **METRO**

Moghrabieh & Fish Cakes with Preserved Lemons and Harissa.

The Muslim holy month of Ramadan ends next week and while the religion is practised all over the world, its origins, like this dish, lie in the desert lands of the Middle East

"Moghrabieh comes from the word 'Maghreb,'" write Nadia Zerouali and Merijn Tol in their book Under the Shade of Olive Trees. "This Middle Eastern answer to couscous is basically a ball-shaped pasta, and here we've made a type of risotto with it. The moghrabieh is cooked in a delicious sauce that we seasoned with cinnamon and allspice, typical Middle Eastern seasonings."

Ingredients

- 5 small vine-ripened tomatoes
- 2 small sweet onions
- Mild olive oil
- 1 tbsp cinnamon
- 1/2 tbsp allspice
- 1 3/4 cups (350 g) moghrabieh (Lebanese couscous) or Turkish barley pasta
- 1/2 preserved lemon (find them at Middle Eastern grocery stores)
- 14 oz (400 g) halibut, striped bass, or other firm white fish
- 1 bunch flat-leaf parsley, chopped
- 1 clove garlic, chopped
- 2 tbsp harissa (a spice sold in tubes or cans at Middle Eastern grocery stores)

1. Bring a large pot of water to boil. Using a sharp knife, slice a shallow X into the bottom of each of the tomatoes and submerge them in the boiling water for about 1 minute. Peel the skin off the tomatoes and dice them.

2. Mince the onions. In a large frying pan, heat a generous amount of olive oil over medium heat and sauté the onions with the cinnamon and allspice for about 10 minutes, stirring frequently and lowering the heat to keep them from burning.

3. Add the tomatoes and mix in the moghrabieh as well. Add 4 1/2 cups (1 l) water and about 1/2 teaspoon salt. Cook the pasta over low heat for about 30 minutes, stirring frequently toward the end, until it is thick and creamy like risotto. (Add some water if the pasta is cooking dry.) Season with salt if needed.

4. Remove the pulp from the preserved lemon and slice the peel into thin strips. In a food processor, purée the fish with the preserved lemon, parsley, garlic, and harissa. Season with a pinch of salt. Shape the fish mixture into small, flat cakes (this is best done with wet hands).

5. Heat some oil in a skillet (nonstick works best for these delicate patties) and fry the fish cakes until golden brown on both sides and cooked through, about 3 minutes per side. Serve over the moghrabieh.

RECIPES BY NADIA ZEROUALI AND MERIJN TOL, STEWART, TABORI & CHANGE, 2014

This recipe serves four to six. ROSA VITALIE, 2014

Side dish. Cumin Fennel Fries

"These fries are good for you! Cumin contains plenty of magnesium and iron (good for the digestion) and fennel seed bursts with vitamins A, B, C, and E," write Nadia Zerouali and Merijn Tol in their book Under the Shade of Olive Trees.

1. Scrub the potatoes but don't peel them. Cut the potatoes into thick fries and boil in a large pot of generously salted water for about 10 minutes, until nearly tender. Let drain.

2. Preheat the oven to 425 F (220 C). Arrange the fries on a baking sheet and drizzle generously with olive oil. Bake for about 15 minutes, until golden brown.

3. Crush the fennel and cumin seed in a mortar and pestle with some coarse salt and sprinkle over the fries.

Ingredients

- 3 lbs (1 1/2 kg) large Yukon gold potatoes
- Mild olive oil
- 2 tbsp fennel seed
- 2 tbsp cumin seed

This recipe serves four to eight people. ROSA VITALIE, 2014

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DEVELOPMENT BY RESIDE DEVELOPMENTS

Back-to-campus chic on the cheap

School days. How to furnish a room that's big on style even on the tiniest of budgets

Question: I am 26 and going back to university. I will be renting an unfurnished room and am looking to outfit it with a lot of style but without a lot of money. Any suggestions?

— Allison M., via email

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Start with planning out the room's large furniture pieces.

A captain-style bed frame (with drawers underneath), a vintage desk with storage and a bookcase are a good start. I suggest looking online at local classified sites (like Kijiji.ca and Craigslist) for local sellers who are close to the area you are moving to.

Purchasing used furniture pieces can not only save you money, but is very good for the environment and you tend to get better quality furnishings. If the seller is close to the area you are moving to, ask them to deliver your furniture pieces directly to your new place.

Once you have found the large furnishings, you can move onto the fun part of accessorizing your room with practical, yet attractive, things.

Look at off-price members' clubs for great deals on a new mattress, DIY home stores for the best deals on countertop appliances and desk lamps, and big-box stores for items such as bedding and towels.

Look online for quality used items like chairs, bed bases and rugs for sale. You'll save money and the environment. CONTRIBUTED

Co-ordinate with style

- **DO** choose one of the top three colours in your bedding and take inspiration from there. Towels, laundry bags and drapes that have colours co-ordinating with the bedding help to tie the space together.
- **DON'T** paint walls a trendy colour. Most landlords will insist the room be painted back to its original beige before you leave. Use large bulletin boards to hang colourful art work to help hide boring walls.
- **DO** look for LED uplights that can wash the walls with some colourful lighting — it's an instant mood-setter for your room at night!
- **DO** buy furnishings that are proportionate to the room's size.

Bedding, towels and a mattress topper are co-ordinated in one easy set. Reagan Fuschia Twin 11-Piece Varsity Campus Collection, $130. BEDBATHANDBEYOND.CA

A multi-purpose counter appliance can heat water for coffee, tea or soup. Salton Instant Hot Water Dispenser, $60. WALMART.CA

A lamp that reduces the use of electricity and also charges your cell phone is a multi-use money saver. Solarland Desk Lamp, $32. HOMEDEPOT.CA

Swash 10-Minute Clothing Care System. YOUTUBE

Swash. An at-home alternative to doing laundry

A new at-home clothing care system that reduces wrinkles, refreshes fabric and restores fit in just 10 minutes to keep outfits looking good between washes could be the next big thing in home appliances.

Swash allows people to reduce or eliminate ironing, save on dry cleaning and better care for and preserve clothes at the push of a button, claim makers Proctor & Gamble and Whirlpool.

The design uses an integrated tension system to gently hold clothes in place, while an advanced spray technology applies a uniquely designed solution to the clothing. A rapid thermal drying function then dries garments quickly.

P&G and Whirlpool created the product after discovering that people are increasingly reluctant to excessively launder or dry clean their clothing for fear of damage. Cost is also a factor — people who dry clean at least once a month spend over $750 a year on the service, according to the brands.

Swash is currently available for pre-order at Bloomingdale's stores and on Bloomingdales.com for $499.99 US. AFP

Touch-of-a-button solution

"People want a simpler and quicker way to care for clothing."

Brett Dibkey, vice-president of Whirlpool Corporation's Integrated Business Units

No installation required

The system plugs directly into a standard 120-volt wall outlet and requires no water, plumbing, pipes, vents, special hook-ups or professional installation.

- Swash can be used on denim, wool, polyester, Lycra, cotton, cashmere, sequins, delicate beading and lace.

Lighting can add drama and personality to any space. Fixtures are not permanent additions to a rental space, making them ideal for tenants looking to make changes to their new home. ALL PHOTOS JENNY MARTIN DESIGN/HANDOUT/THE ASSOCIATED PRESS

Tenants can offer to update the kitchen with painted and refinished cabinet doors plus hardware that will add value to the property.

Paint colour is the easiest way tenants can add their own personality to a space.

Make a rental place your own with strategic style choices

Savvy tenant decor. Invest in items that can be easily installed and removed to personalize rental digs

Tenants face the challenge of how to make someone else's house their home within a limited budget and restrictions from landlords, but there are many ways they can introduce a personal touch to a rented space.

Renting as lifestyle choice

Rental properties seem like temporary housing, but according to interior designer Jenny Martin, a lot of people make renting their lifestyle choice and do it long term.

Invest in strategic pieces

"When a tenant moves into a place it can be hard to really make it their own without investing a bunch of money into something you'll be leaving behind," she says.

According to the Victoria-based Martin, renters should consider investing in strategic pieces that can be installed and removed easily when they move out.

Switch up lighting fixtures

"People can purchase a feature dining room pendant to be installed by an electrician. The existing one is boxed up and the two are switched out when they leave," she says. "You may not want to do things like that if you were renting for a year. It would be better for a more long-term situation."

Make temporary modifications

Building managers and landlords may have strict rules around what changes can be made to a rental space, but Martin says there are ways tenants can add big impact to a space without making permanent modifications.

Don't hesitate to ask

"Tenants just don't ask their landlords what they are open to."

Chantelle Butterfield, interior decorator

Can't paint? Pops of colour are still possible

If there are limitations on painting, the easiest way is to add a pop of colour through furniture, art and draperies.

Lean on architectural elements

"Spending more time on how your furniture relates to the space is important because you can integrate colours with pieces of furniture or toss pillows," Martin says. "A tenant could get a custom or antique mantel to lean against the wall to add some architectural elements without having to be installed."

Add value to the property

Even though landlords can have concerns about their renters making changes to their property, interior decorator Chantelle Butterfield says many are looking to add value to their home.

"Tenants just don't ask their landlords what they are open to," says Butterfield, owner of Funktional Spaces in Saskatoon.

Update kitchen cabinets

Butterfield says an easy way a tenant can both make a dramatic change to their rental space and add value to their landlord's property is by updating the kitchen with painted and refinished cabinet doors plus hardware.

"It's all a matter of budget, and what you have permission to do," says Butterfield. "Painting and refinishing the cabinets can add value to the home, but a tenant could remove the doors and replace them, and store away the old ones and take the new ones when they left."

Offer free labour

Saskatoon interior decorator Chantelle Butterfield offers this advice:

- "A lot of landlords are open to free labour as long as it is done well.
- "Landlords are just people. They aren't monsters. They are looking to add value to their property.
- "(They appreciate) tenants who aren't abusing the property, but instead are taking pride in the space and adding value to it by adding dollars and some sweat equity."

Use your imagination

While it may seem tenants face restrictions, Butterfield says they are only limited by imagination and budget.

THE CANADIAN PRESS

Think outside the box

"As long as (tenants) have lots of imagination, they don't need a huge budget."

Chantelle Butterfield, owner of Funktional Spaces in Saskatoon

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A seven-storey structure near Manhattan's northern tip is billed as New York City's first multi-storey, modular-built apartment building to open to renters. Called the Stack, the building aims to show that while stackable apartments can save builders time and money, modular doesn't have to mean boring. Its chunky front embraces its building-block roots, but the apartments' interiors have varied floor plans and stylish finishes and fixtures

THE ASSOCIATED PRESS

ALL PHOTOS: BEBETO MATTHEWS/THE ASSOCIATED PRESS

1 Pre-fab.
Reflecting a modern take

A reflection in the window of a local storefront captures a seven-storey modern modular apartment building between decades-old residences, in the Innwood neighbourhood of New York.

2 For rent.
In the land of modular

Studios start at about $1,600 a month and three-bedrooms go for $3,700.

On the right Stack to modular living

3 Chunky facade on the old block.
Modules stack up on style

The Stack, left, is shown next to its decades-old neighbour. The building's 28 apartments were formed from 59 modules of rectangular components, all 12.5-feet wide and 50- to 60-feet long. Modular construction — assembling a building from prefabricated sections instead of building from scratch on-site — has been around for decades, but interest has grown recently around the country and in its biggest city.

4 Inside the box.
Looking smart

Jeffrey M. Brown tours a two-bedroom apartment in the modular apartment building he co-developed.

5 Not your garden variety.
Well connected

A patio garden view shows the connected sections of the Stack.

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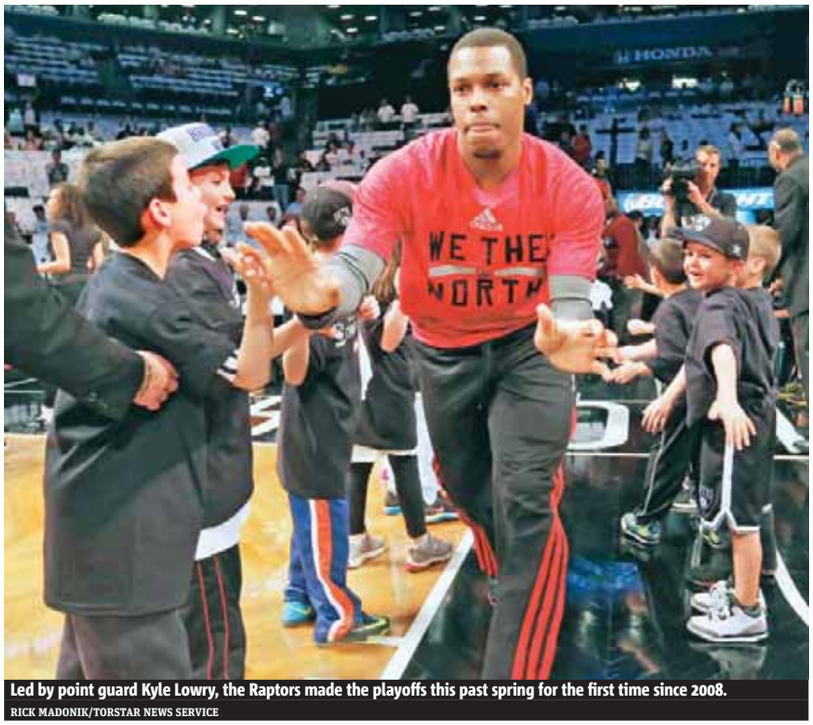
Raptors bringing training camp west

NBA. Canada's only NBA franchise will also play an exhibition game at Rogers Arena in October

CAM TUCKER
cam.tucker@metronews.ca



Led by point guard Kyle Lowry, the Raptors made the playoffs this past spring for the first time since 2008.
RICK MADONIK/TORSTAR NEWS SERVICE

"We The North" became the popular slogan of the Toronto Raptors during their playoff appearance this year, and now Canada's lone NBA franchise is bringing its training camp out West.

The Raptors announced at a press conference on Wednesday that the club will hold a portion of its training camp in Burnaby, at the Fortius Sport and Health clinic near Burnaby Lake.

The Raptors will open camp in Toronto, from Sept. 29 to Oct. 2, before packing up and flying out to Vancouver. The team will hold practices at Fortius on Oct. 3 and 4. Practices will not be open to the public, the club stated.

Last month, it was announced that the Raptors will play the Sacramento Kings in an exhibition game at Rogers Arena on Oct. 5. That game is part of the NBA Canada series, which began two years ago.

Vancouver used to have an NBA franchise — the Grizzlies — which operated from 1995 to 2001.

The team did poorly on the court and endured numerous issues with ownership and in the front office, and was eventually relocated to Memphis.

"As Canada's team we feel this trip will build on momentum gained from last season's playoff appearance and the launch of our We The North campaign," said Raptors head coach Dwane Casey in a statement.

This spring, the Raptors made it back to the NBA playoffs for the first time since 2008, garnering a great deal of attention across Canada, including Vancouver.

This won't be the first time the Raptors have held training camp in Vancouver.

The Raptors were last here in 2010.

That camp also included an exhibition game against Canadian basketball legend Steve Nash and the Phoenix Suns.

Whitecaps

DeMerit expected to announce retirement: Reports

Vancouver Whitecaps' captain Jay DeMerit is expected to announce his retirement this week, perhaps even Thursday, according to multiple reports.

Jay DeMerit
GETTY IMAGES

Both Global BC and Soccer Talk with AM 650 radio in Vancouver are reporting DeMerit will announce his retirement.

DeMerit, or the club, has yet to make an official announcement.

DeMerit, 34, is Vancouver's first-ever Major League Soccer signing. The veteran centre back inked a deal with the Whitecaps in November of 2010. He's served as the club's captain and has been one of its ambassadors both on and off the field.

However, injuries have taken their toll on him.

He suffered a concussion during the summer of 2012 and then missed more than six months of the 2013 season after rupturing his Achilles tendon.

DeMerit came to training camp in good health and appeared in 11 games, before suffering a tendon tear in his left ankle. He opted not to have surgery on the injury, and the original thought was that he'd be out six to eight weeks. CAM TUCKER/METRO

metro AR

Scots welcome Canucks

Flag bearer Susan Nattrass leads the Canadian team as it arrives at the Commonwealth Games opening ceremony at Celtic Park in Glasgow, Scotland, on Wednesday. The Canadians followed Nattrass, a seven-time world champion in trap shooting, to the tune of Arcade Fire's Rebellion (Lies) and a loud roar from the fans. Scan the image with the Metro News app for photos from the opening ceremony. ANDREW VAUGHAN/THE CANADIAN PRESS

Tennis

Pospisil moves on in Atlanta

Fourth-seeded Vasek Pospisil of Vancouver advanced to the Atlanta Open quarter-finals, beating Ukrainian qualifier Illya Marchenko 7-5, 6-3 on Wednesday.
THE ASSOCIATED PRESS

Vasek Pospisil GETTY IMAGES

Mets sink M's. Colon flirts with perfection

Bartolo Colon came within seven outs of a perfect game, giving up a single to Robinson Cano with two outs in the seventh inning, and the New York Mets held off a late rally to beat the Seattle Mariners 3-2 on Wednesday.

The 41-year-old Colon retired the first 20 batters he faced before Cano lined a 2-2 pitch into left field. Colon applauded the single that dropped in front of left fielder Eric Young Jr. Colon then had to hold on as Seattle rallied in the eighth and came within inches of tying the game on Brad Miller's RBI double that hit off the top of the wall.

Colon (9-8) improved to 13-1 all-time at Safeco Field. Seattle had no answers for the rotund right-hander, who gave up two runs and three hits in 7-1/3 innings. THE ASSOCIATED PRESS

Bartolo Colon THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Commit yourself to a goal that others say is beyond your reach. With the Sun linked to Jupiter today there is nothing you cannot do. You will take delight in proving the doubters wrong.

♉ Taurus
April 21 - May 21
Someone close to you needs a confidence boost and you are the one who can offer it. Do what you know will make them feel good about themselves.

♊ Gemini
May 22 - June 21
Use your mind more over the next 24 hours. Take on mental challenges that at other times might confuse or bemuse you. The more you use your brain power, the more you will gain.

♋ Cancer
June 22 - July 23
The best way to deal with your current problem is to let it be. You may want to put the world to rights but the planets say it isn't going to happen, so relax.

♌ Leo
July 24 - Aug. 23
The Sun close to Jupiter in your sign means the bad times are now over and you will go to the other extreme and have the time of your life.

♍ Virgo
Aug. 24 - Sept. 23
That nagging voice at the back of your mind is trying to tell you something important, so listen. If you don't you may look back later and wish you had been more trusting of its words.

♎ Libra
Sept. 24 - Oct. 23
You have talent but it is only one part of the equation. The more vital part is enthusiasm, and with Jupiter strong in your chart at the moment you've got it coming out of your ears.

♏ Scorpio
Oct. 24 - Nov. 22
Current influences will give a boost to your ambitions but success won't just land in your lap. You'll have to work for it.

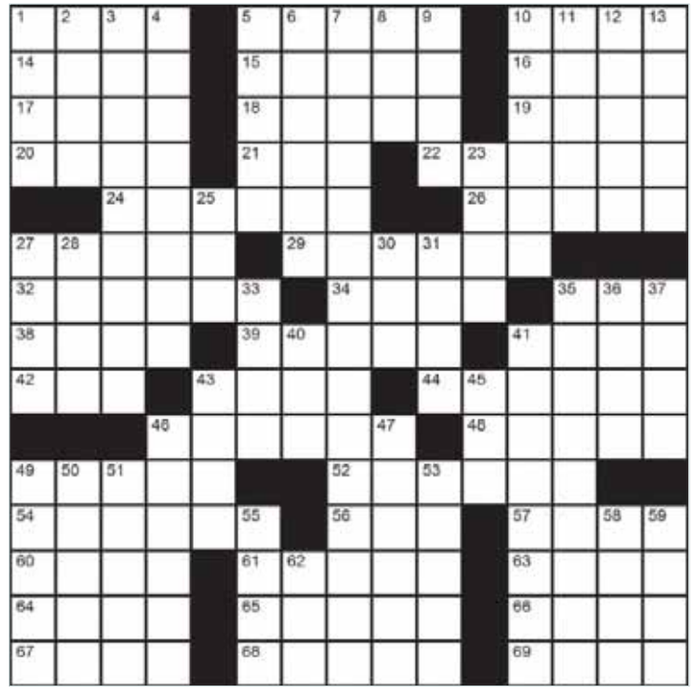
♐ Sagittarius
Nov. 23 - Dec. 21
Confidence will not be in short supply over the next few days but what about common sense? The good news is you seem to have learned how to set goals. You'll go far.

♑ Capricorn
Dec. 22 - Jan. 20
It's not often you probe the deepest corners of your mind but over the next 24 hours you will ask some rather profound questions. You already knew the answers though.

♒ Aquarius
Jan. 21 - Feb. 19
If you want to get things done over the next few days you must bring others into your plans. If you think you can do it your own you are mistaken.

♓ Pisces
Feb. 20 - March 20
The cosmic powers never ask you to do more than you are capable of, so don't worry if the assignment you have taken on looks huge — you will find a way to ace it.

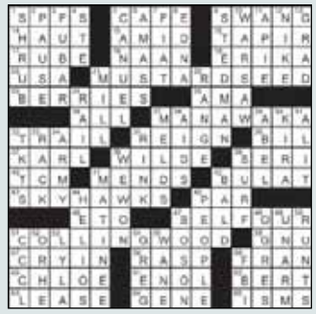
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. "Sure __ __ standing here!"
5. Vancouver Island natural wonders
10. Cheer
14. Fashion designer, __ Rabanne
15. Eurythmics' "Would I __ __ You?"
16. Equal
17. Long journey
18. __-fartsy
19. Appraise
20. Vault
21. Jann Arden's "Could _ __ Your Girl"
22. __ Energy of Canada Limited
24. Director Mr. Bergman
26. __ a clue (Doesn't know)
27. Sports venue
29. Canadian actor Victor
32. Mint drinks
34. Lunchtime
35. Shape, axe-style
38. Raggedy Ann's pal
39. Quizzes
41. __ cow ($$$)
42. CV
43. Ex-Idol judge Ms. DioGuardi
44. President's __ (Canadian brand in select grocery stores)
46. Music - Non-flats/Non-sharps: The __ __ _
48. 'The King', in Spanish: 2 wds.
49. "Encore!"
52. Ontario: Bruce Peninsula attraction, __ Five National Marine Park
54. "Bye Bye Mon Cowboy" songstress
56. Mount __ (Volcano of Japan)
57. Tide type
60. 1700s French novel, Gil __
61. Incisions
63. "__ have to do."
64. Drawn dog
65. Donald Trump's second wife Ms. Maples
66. Comfort
67. Everyone, in Dixie
68. Grateful Dead's "__ Jones"
69. Untidy type

Down
1. Condo alternatives
2. Cake make, __ Lee
3. Canadian Rockies scenic drive, __ Parkway
4. East Coast music: "Sucker" by __ __ with Joel Plaskett
5. Purport
6. Car safety feature
7. Julian Fantino, Minister of __ __
8. UFO passengers
9. Non-milk milk
10. Brouhaha
11. Paper quantities
12. Gain admittance: 2 wds.
13. Put up a building
23. And so...
25. Discontinuity
27. Open slightly
28. Old Scandinavian symbol
30. Decay
31. Particular pear
33. Remain
35. 1980s music genre: 2 wds.
36. 'Opal' suffix
37. __ protein powder
40. 'Ranch' suffix
41. French and British settlements in early Canada
43. Casino game
45. Villain's chuckle, when repeated
46. Country singer, Brett __, from Flat Lake, Alberta
47. Windsor __
49. "Journey to the Center of the Mind" by The __ Dukes
50. Ms. Radner
51. '60s song: "Shake _ __ Feather"
53. "Who's ___ __?" (Maybe)
55. Gomer Pyle's mil. division
58. As well
59. Non-royal
62. One of the Teletubbies, when doubled

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

7				5				2
6		2		9		4		3
		1	2		7	8		
2								5
			4		5			
3								7
		9	7		6	5		
1		7		3		9		4
5				8				6

Yesterday's Sudoku

1	4	2	5	3	6	9	7	8
7	3	9	8	2	4	5	6	1
8	5	6	7	1	9	3	2	4
4	9	3	1	5	2	7	8	6
5	6	1	4	7	8	2	9	3
2	7	8	6	9	3	1	4	5
6	2	5	9	8	1	4	3	7
3	1	4	2	6	7	8	5	9
9	8	7	3	4	5	6	1	2

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$14.96ea GLOW-IN-THE-DARK YOUTH-SIZE STAR & CONSTELLATION CHAIRS

If there's anything more exciting for kids than having their own camping gear, it's having gear that **glows in the dark** – like these **youth-size chairs**. As part of Coleman's Kids Collection, these products come decorated with glow-in-the-dark **star** and **constellation** patterns, making them fun, functional and educational.

$26.68 2 LB COMFORTSMART™ SLEEPING BAG

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